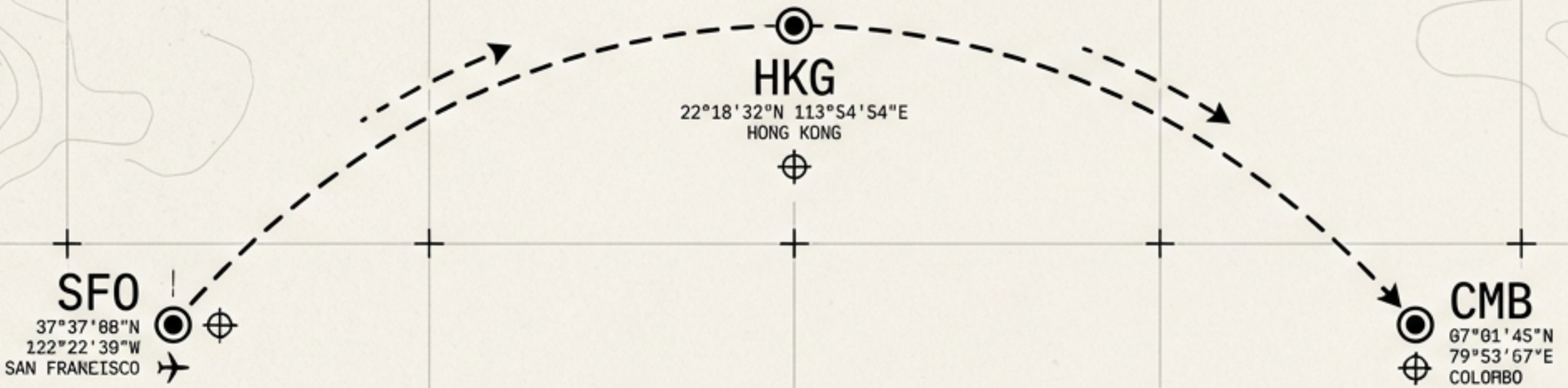
Editorial New

THE LONG WAY ROUND

DURATION: 36+ HOURS. STATUS: PURIFICATION OF ACTION.



A Contemplative Journey Guide

ROUTE:
PACIFIC / INDIAN OCEAN

SEGMENT 1: SFO-HKG [6904 NM]
SEGMENT 2: HKG-CMB [2170 NM]
TOTAL: 9074 NM

DATES:
FEB 28 – MAR 4, 2025

DEPARTURE: 2025.02.28 13:00 PST
ARRIVAL: 2025.03.04 05:30 IST

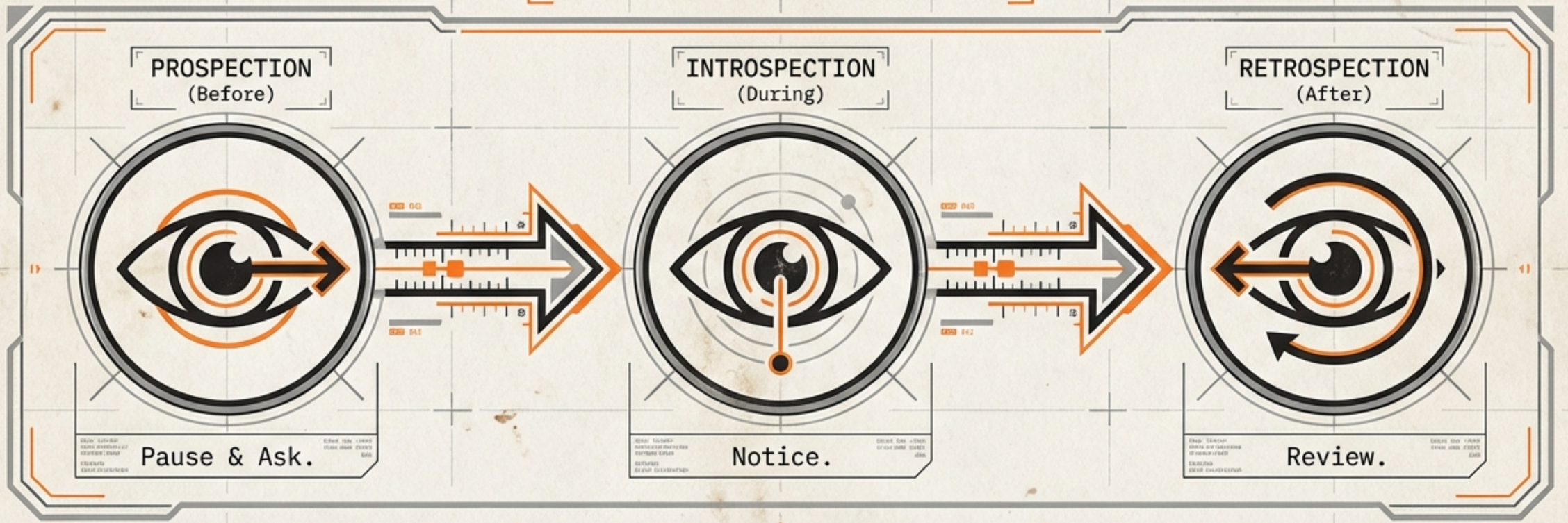
REF:
MN 61 / MN 62 / MN 143

AIRCRAFT: BOEING 787-9 / AIRBUS A350-900
LOG ID: CL-2025-PAC-IND-001
CREW STATUS: ROTATIONAL WATCH
LOG ENTRY: CONFIRMED

NotebookLM

The Operating System

MN 61 CORE MECHANIC



The 36+ hours of transit are not a pause in your life; they are ideal retreat conditions. You are anonymous, moving, and between identities. Do not perform the journey; inhabit it.

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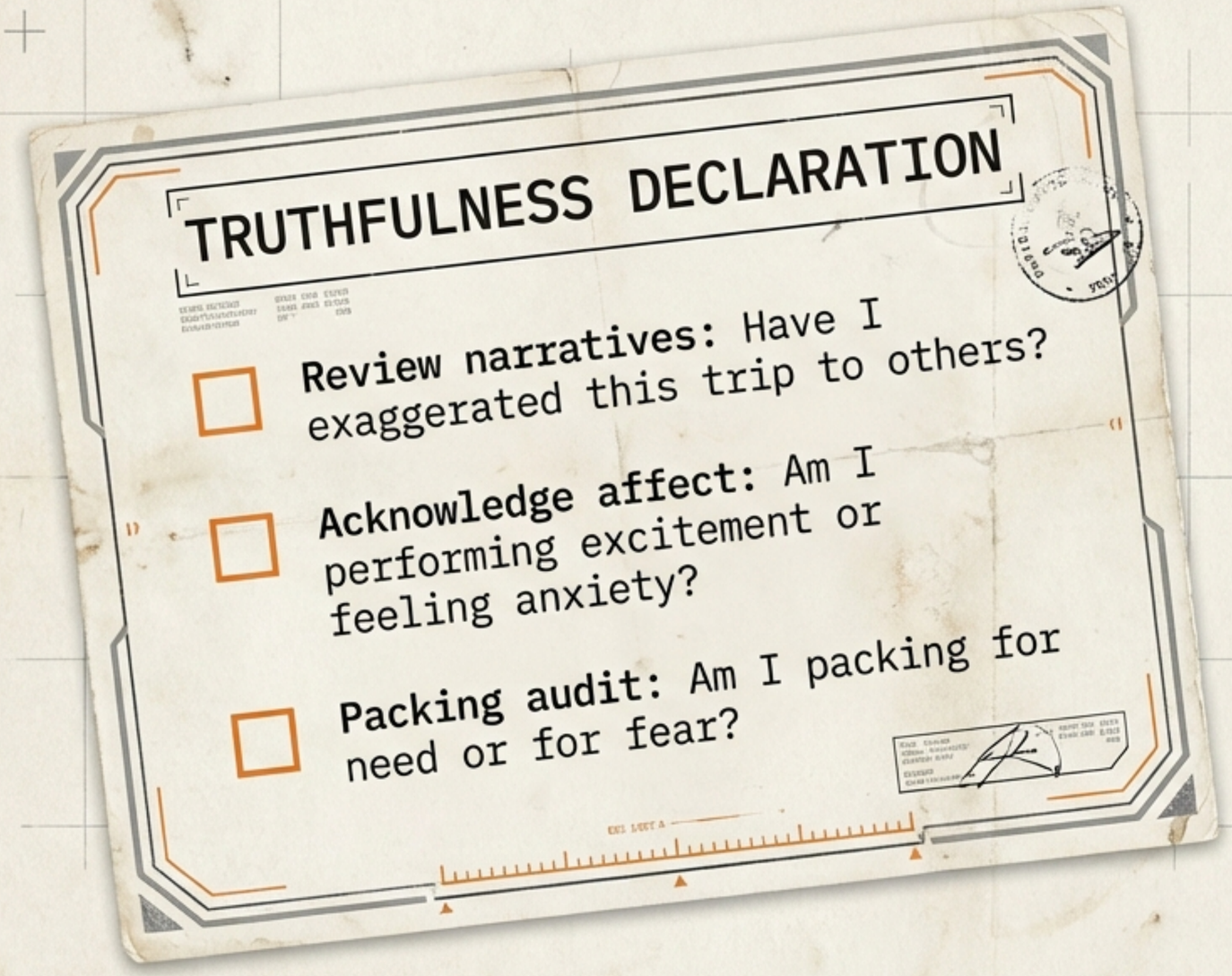
PHASE 01 // SFO // PRE-DEPARTURE

FEB 28 | 14:00 - 22:00


TRUTHFULNESS DECLARATION
Review narratives: Have I exaggerated this trip to others?
Acknowledge affect: Am I performing excitement or feeling anxiety?
Packing audit: Am I packing for need or for fear?

"The body is traveling. The mind has thoughts about traveling. Notice how the experience continues without the the added layer of "I am traveling."

GATE INSTRUCTION: RESIST PHONE. OBSERVE SENSE DOORS FOR 15 MIN.

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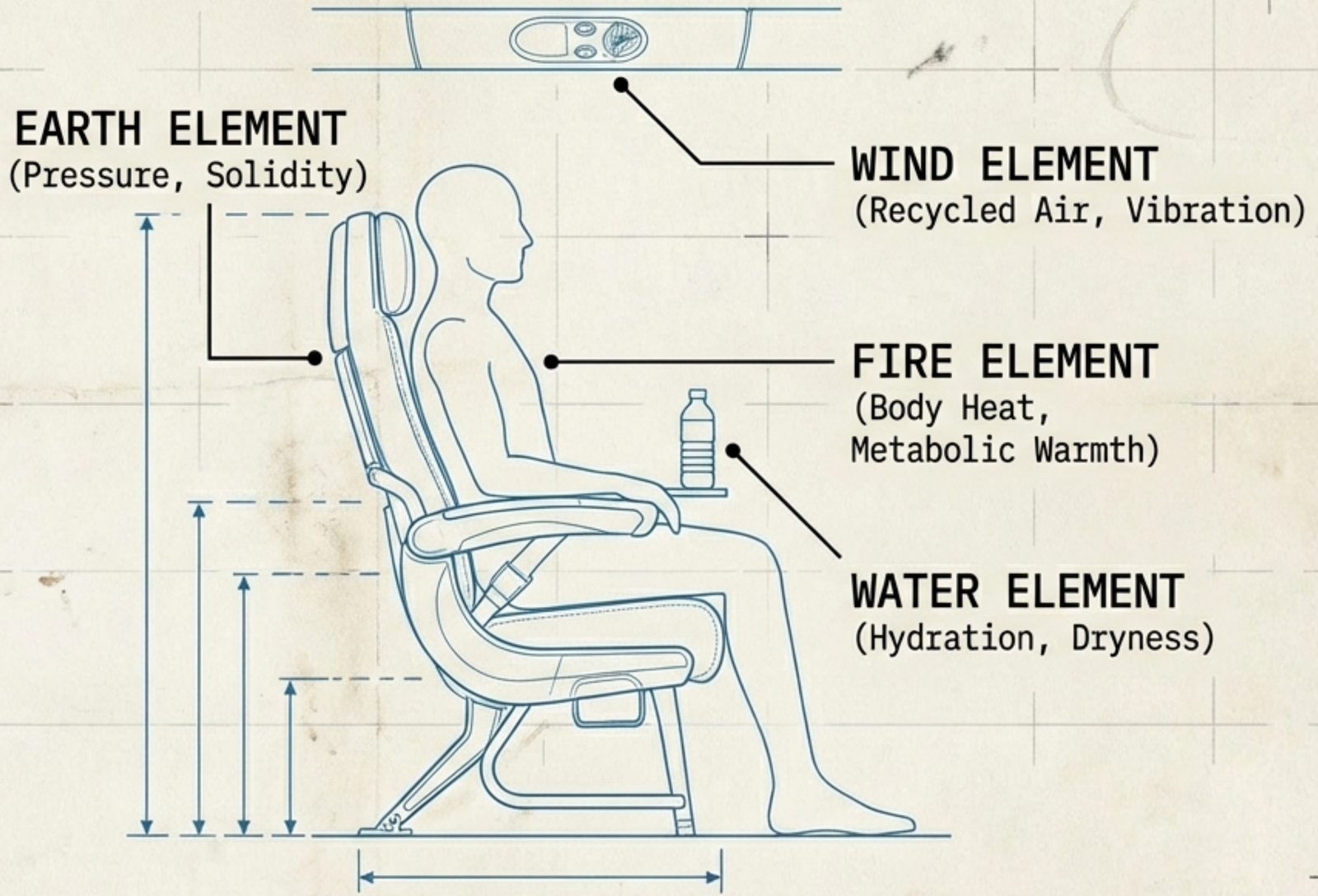
Deconstruct the vessel. These elements are not “yours.” They are natural processes temporarily organized in Seat [__]. The wind outside the plane is the same wind in your lungs.



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THE FIVE ELEMENT EQUANIMITY CHECKS

EARTH (Unmoved) :: Use for rudeness or delays.

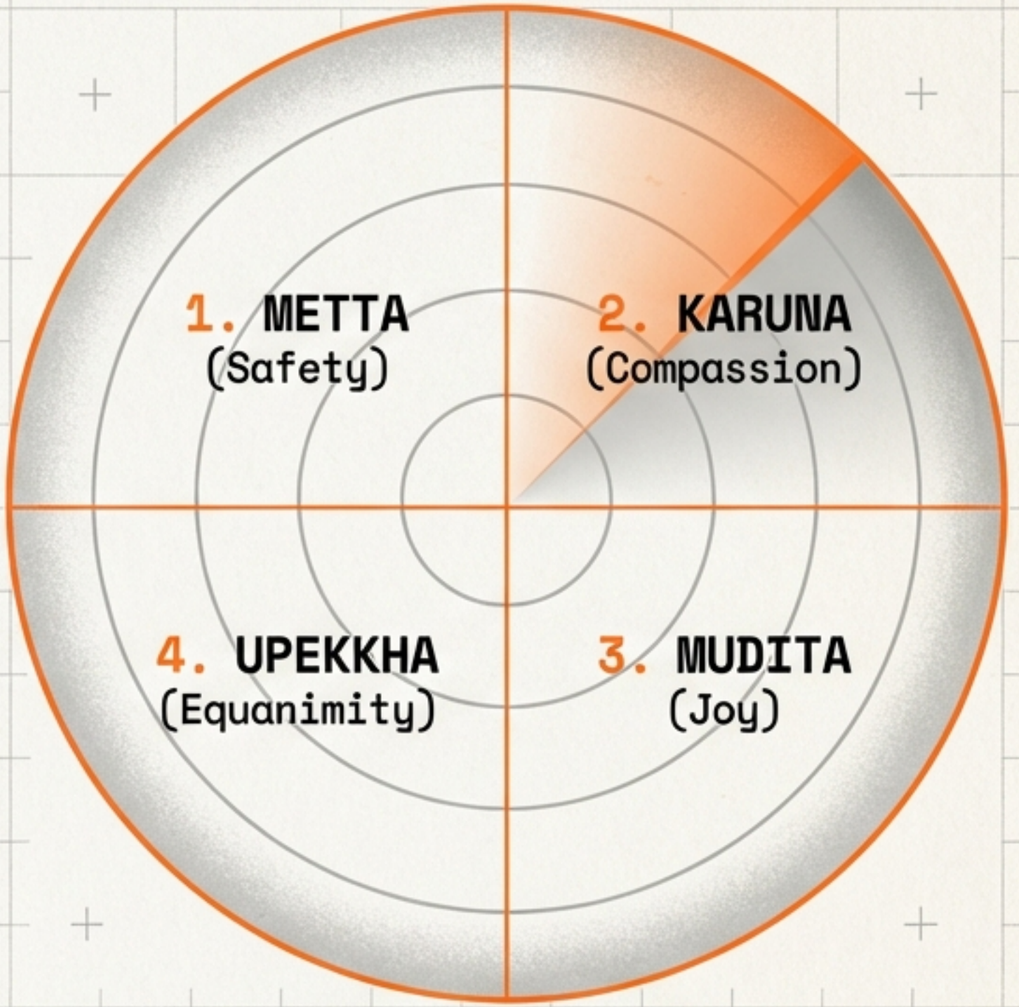
WIND (Passes) :: Use for memories surfacing.

FIRE (Burns) :: Use for destination anxiety.

WATER (Flows) :: Use for praise or comfort.

SPACE (Contains) :: Use when all else fails.

BRAHMAVIHARA ROTATION



Rotate every 10 minutes. Apply to strangers in the cabin.

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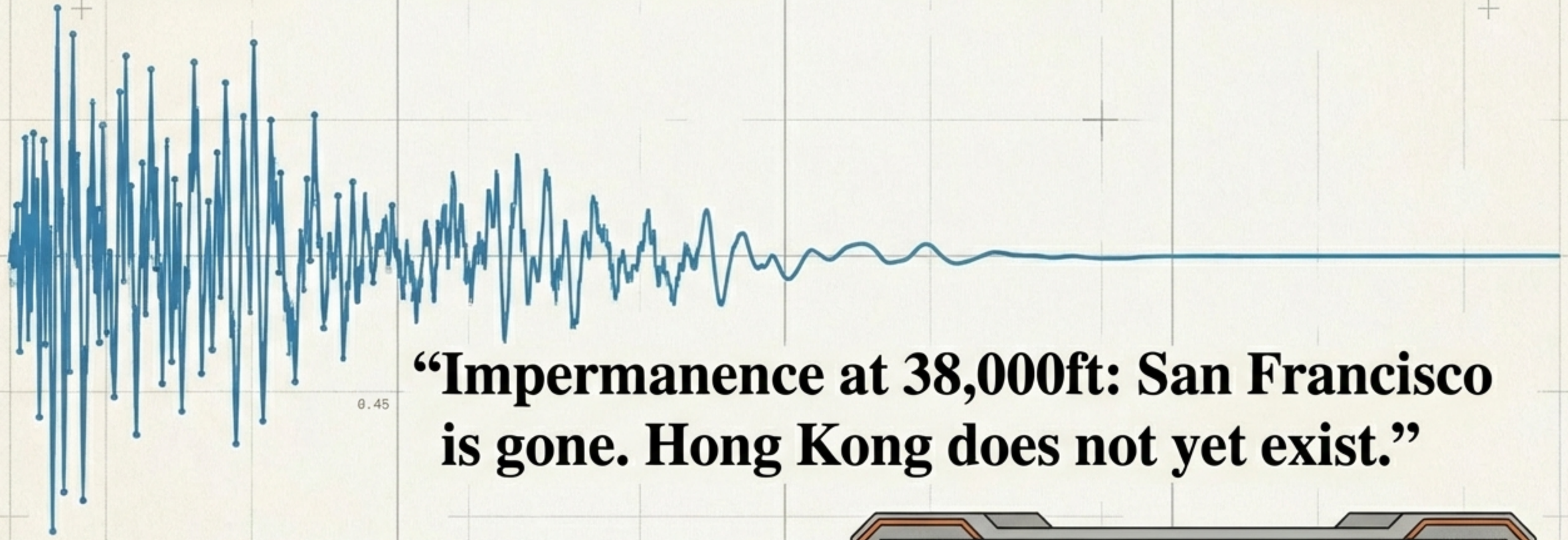
1. BODY
(Long/Short)

2. FEELING
(Pleasure of Attention)

3. MIND
(Gladdening)

4. WISDOM
(Fading Away)



“Impermanence at 38,000ft: San Francisco is gone. Hong Kong does not yet exist.”

INQUIRY: The ‘I’ that left SFO is not the ‘I’ landing in HKG. Who is arriving?

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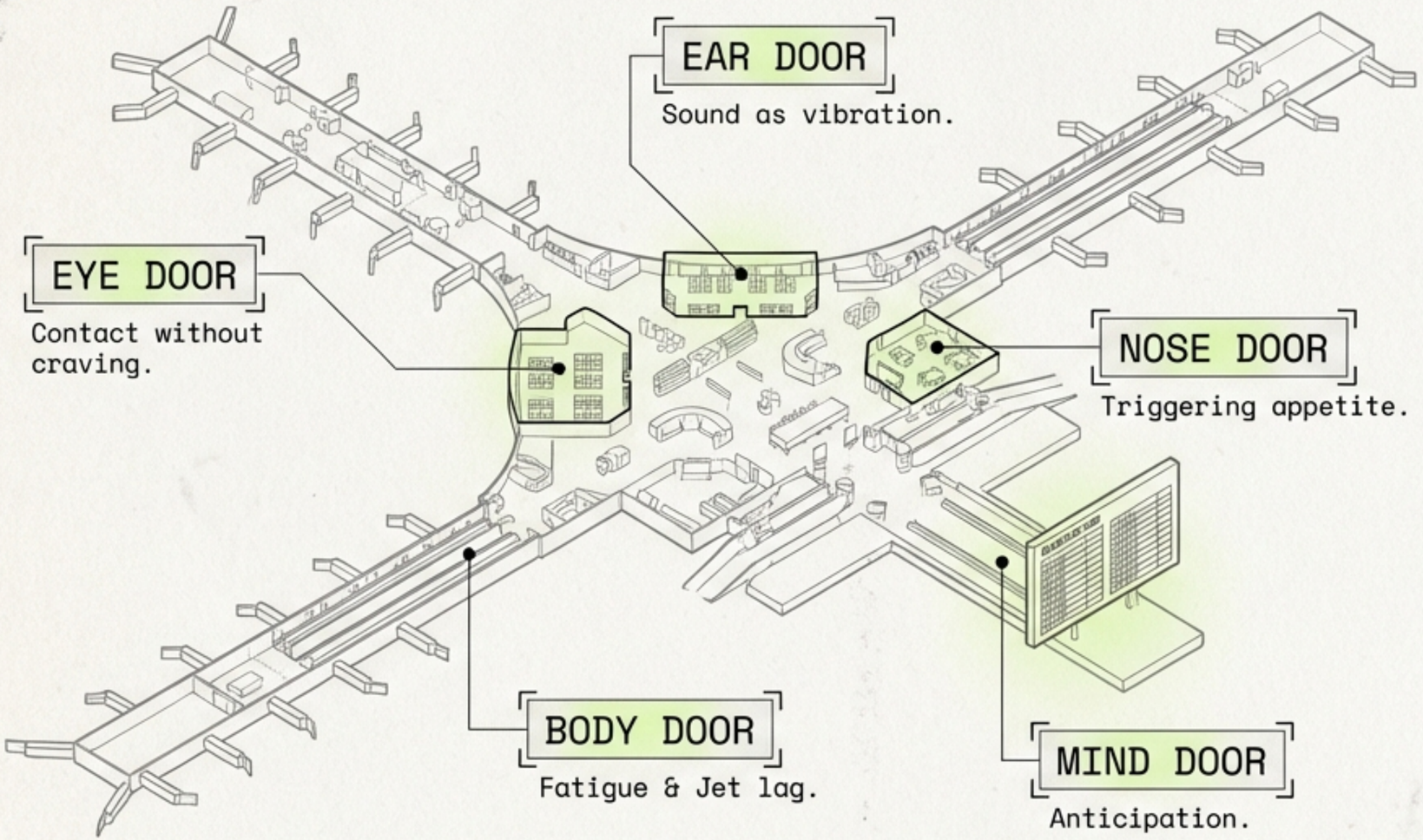
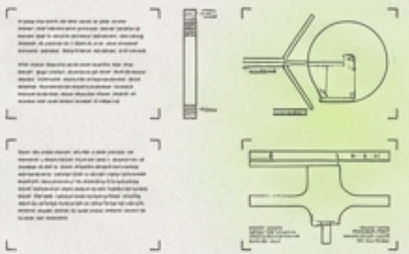


The Pre-Immigration Pause.

Stand still for 2 minutes. Feel the Earth element in the floor.

Let the new reality register before filtering it.



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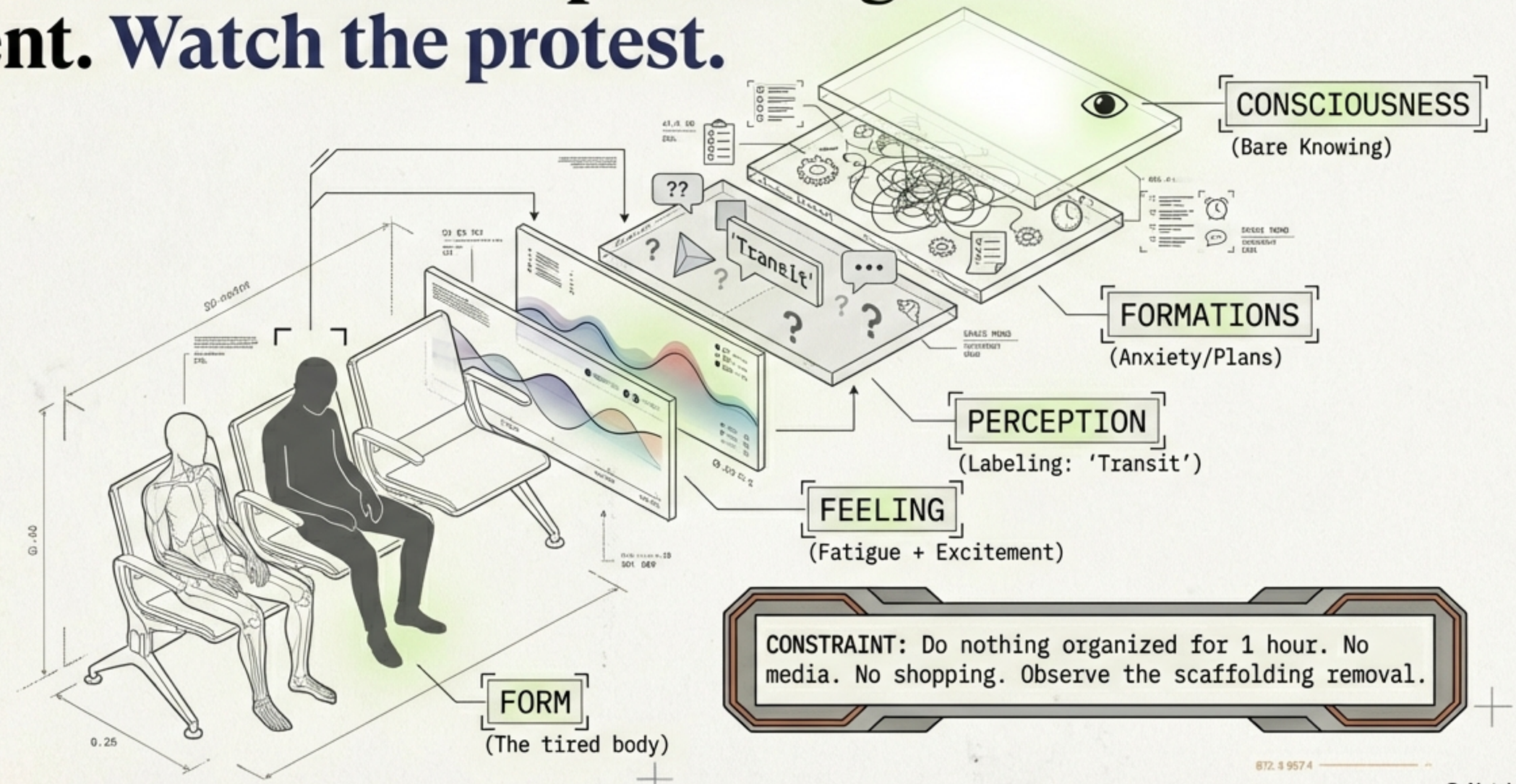
Boredom is the mind's protest against the present. Watch the protest.



CONSTRAINT: Do nothing organized for 1 hour. No media. No shopping. Observe the scaffolding removal.

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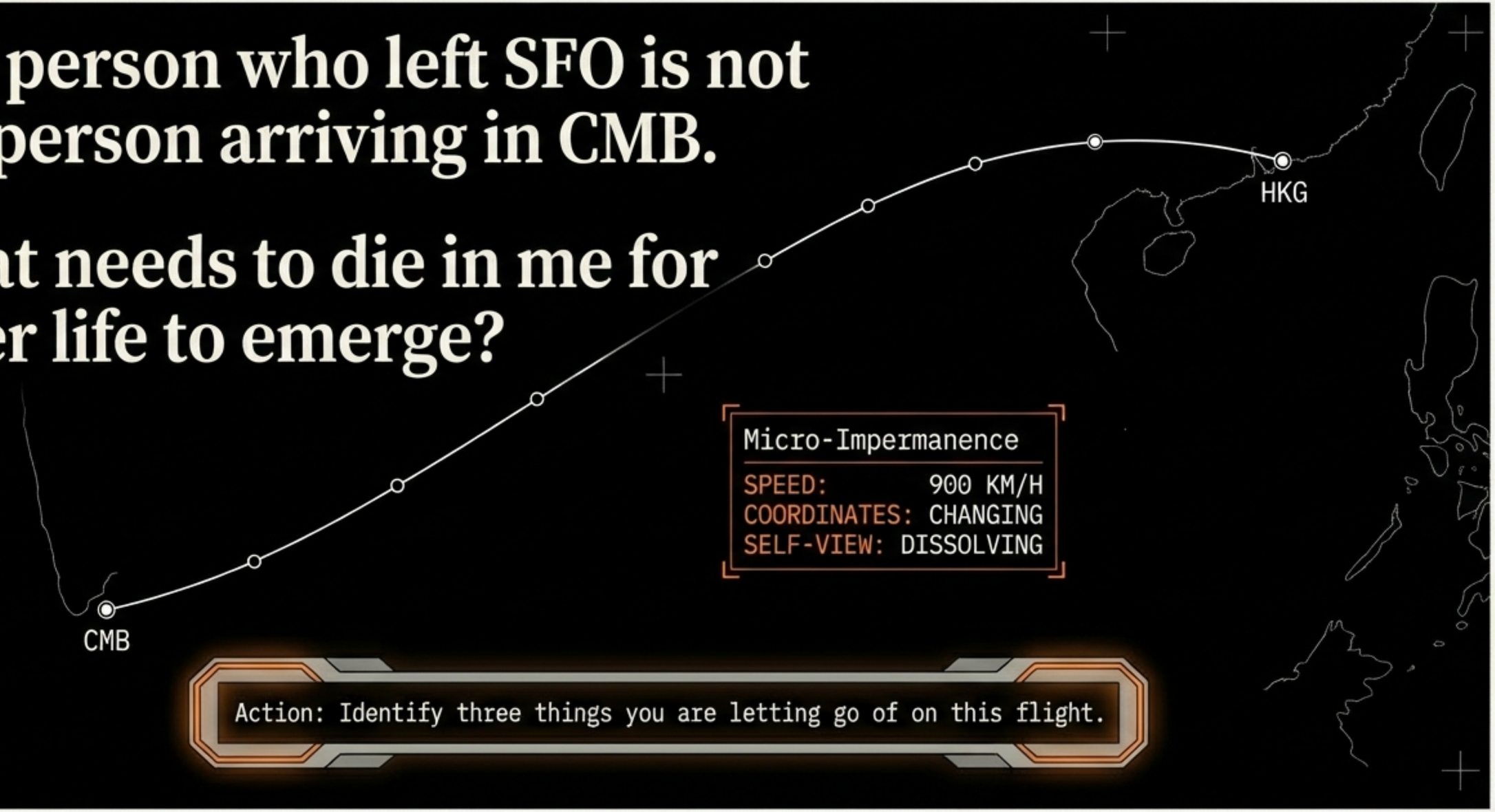
The person who left SFO is not the person arriving in CMB.

What needs to die in me for fuller life to emerge?



MIDNIGHT RETROSPECTION

1. What was the most skillful moment?
2. What was the most unskillful moment?
3. Who arrived tonight? (Not what the passport says).

RESIST THE URGE TO DOCUMENT. LET THE COUNTRY LAND IN YOU FIRST.

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ACTION

INQUIRY

Will this contaminate the fresh slate?

Am I tasting, or just feeding hunger?

Am I living the moment or performing it?

What comfortable story about myself is challenged by being in this new environment?

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PHASE	SKILLFUL MOMENT	UNSKILLFUL MOMENT
SFO (Departure)		
FLIGHT 1 (Pacific)		
HKG (Layover)		
ARRIVAL (Colombo)		

What is the single clearest insight from this journey?

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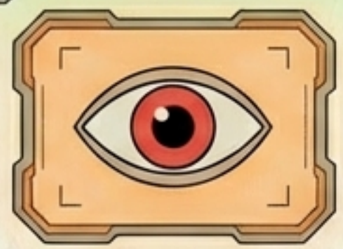
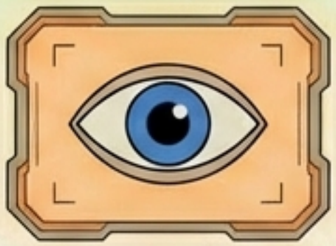
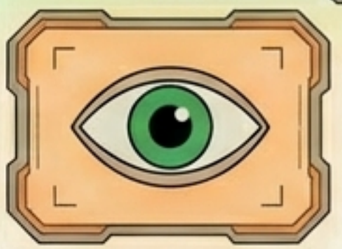
HKG

SFO (SFO) — (HKG) — Colombo (CO)

I will purify my bodily actions through repeated reflection.
I will purify my verbal actions through repeated reflection.
I will purify my mental actions through repeated reflection.

SAFE TRAVELS. BEGIN.

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